

MARYLAND FARM & HARVEST

***The Local Buy* recipe, Episode 906**

Simple Roast Duck

- 1 whole peking duck (about 4.5 pounds)
- 1 Tbs olive oil
- ¾ tsp table salt (or 1 tsp Kosher salt)
- ½ tsp ground black pepper



- Preheat oven to 350 degrees.
- Using a paring knife, lightly score the duck's skin in a diamond pattern over the legs and breasts. Rub the entire bird with olive oil, salt, and black pepper.
- Place duck in a Dutch oven, and roast with the lid on in the oven at 350 for 2½ to 3 hours. Remove lid in the last 15 minutes of cooking to help the skin brown and crisp. (If your Dutch oven is broiler-safe, you can briefly use the broiler to crisp and brown the duck further, but be careful not to burn it.)
- Remove Dutch oven from oven and transfer duck to a carving board. Allow duck to rest for 15 minutes before carving and serving.